



annapolis

recreation & parks

Healthy Living Starts Here.

# Fall Program Guide

September - December 2010



## PMRC Fall Hours:

Effective September 7, 2010

Monday - Friday 6 am - 9 pm

Saturday 8 am - 6 pm

Sunday 11 am - 6 pm

[www.annapolis.gov/recreation](http://www.annapolis.gov/recreation)

410.263.7958

[recpark@annapolis.gov](mailto:recpark@annapolis.gov)



## Recreation & Parks Facilities:

### "Pip" Moyer Recreation Center

273 Hilltop Lane, Annapolis • 410.263.7958 • Fax: 410.626.9731

### Annapolis Walk Community Center

1701 Belle Drive, Annapolis

### Dunn Municipal Pool at Truxtun Park

Pumphouse Road, Annapolis • 410.263.7928 (seasonal)

### Parks Maintenance Office

200 Truxtun Park Road, Annapolis • 410.263.7993

### Stanton Community Center

92 W. Washington Street, Annapolis

Office: 410.295.5519 • Recreation Staff: 410.263.7966

## PMRC Fall Hours:

Effective September 7, 2010

Monday - Friday 6 am - 9 pm

Saturday 8 am - 6 pm

Sunday 11 am - 6 pm

Hours may vary with the season. PMRC will be closed on Labor Day, Thanksgiving Day, Christmas Eve, Christmas Day, New Year's Eve and New Year's Day.

For more information regarding specific hours for Open Gym, Ballocity™, Rock Climbing Wall, and the Auxiliary Gym, visit [www.annapolis.gov/recreation](http://www.annapolis.gov/recreation) then click "Pip" Moyer Recreation Center. Please note: dates and times are subject to change based on event scheduling and availability.

## ARPD Administrative Hours:

Monday - Friday, 8:30 am - 4:30 pm

## Gymnasium and Auxiliary Gym Rentals Available

PMRC has availability from 3 - 6 pm daily for gym rental and weekend times for anyone looking for additional gym space for their school practices or recreational league practices at very reasonable rates. The auxiliary gym is also available for rent and includes the use of a batting cage for anyone looking to get a jump on baseball during the fall and winter months. Please call 410.263.7958 for more information.

## Healthy Living Starts Here.

Remember: In order to support the day-to-day operations of the new "Pip" Moyer Community Recreation Center, membership fees apply to any program held in the new building.

Program memberships are renewed annually each January. Programs that require membership will have an asterisk (\*) next to the fees. R = City of Annapolis Resident, NR = Non-Resident

Registration for FALL classes begins Aug 1st. No classes Thanksgiving week (Nov 22 - 28), unless otherwise stated.



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**The Roger W. “Pip” Moyer Community Recreation Center at Truxtun Park (PMRC) is operated under the direction of the City of Annapolis Recreation & Parks Department. Amenities include:**

**Fitness Center** Our 3,000+ square foot Fitness Center is located on the main level floor in the facility. It includes cardio equipment (treadmills, bikes, cross trainers), free weights, and plate-loaded fitness equipment. Fitness Specialists are available by appointment to assist members with the proper use of all equipment. Must be 14+ years to use equipment and a fitness orientation is required. Membership or guest pass is required.

**Indoor Ballocity™ Playspace** This is a unique play arena that allows soft, washable balls to be collected and placed into a fountain, levitation table, hoppers and blasters for hours of active fun. Children (and adults) can climb, slide, stretch, and push their way though an obstacle course built onto 6 foot tall platforms. Smaller children can also explore the soft foam play pieces located next to the play structure. Full membership or daily passes are required for all children who are walking. No shoes permitted and socks are required.

**Kidz Zone - babysitting services** Kidz Zone is available for children ages 4 months to 12 years. Maximum length of each visit is two hours. Fee: \$3/hr (or any portion of an hour) for first child; \$2/hr for additional children in same family. 10 hr punch card: \$25

<b>Hours of Operation:</b>	
Monday - Thursday	9 am - 12 pm; 5 - 8 pm
Friday & Saturday	9 am - 12 pm
Sunday	Closed

Adults need to pay at the Front Desk for the child care services. The cashier will issue a receipt to present to the child care attendant. **Adults must remain in the facility at all times while their child is in the Kidz Zone room.**

**Multi-purpose Rooms** Meeting spaces are equipped with a warming kitchen and audio/visual equipment. Stop by the front desk to inquire about rentals for your next event!

**Open Gym (basketball and volleyball)** Our three court gymnasium is available on at least one court at most times for open gym. The schedule will be available at the Front Desk or on-line at [www.annapolis.gov/recreation](http://www.annapolis.gov/recreation). Full membership or guest passes are required. **Please note: dates and times are subject to change based on event scheduling and availability.**

**Rock Climbing Wall** “Pip” Moyer Community Recreation Center (PMRC) is home to a 31 foot, indoor climbing wall. For safety, the climbing wall is only open when a trained safety guide can instruct, monitor, and assist climbers. Hours are posted at the front desk and at the climbing wall area. Climbers must agree to follow all policies and procedures of the facility. The wall is available for use during posted hours with the purchase of a guest pass or full membership.

**Indoor Walking/Jogging Track** An elevated, four lane indoor track is suspended above the gymnasium floor. It is available for use with the purchase of a guest pass or full membership. Eight (8) laps is about one (1) mile. Anyone age 13 or older may use the track unattended; however, anyone under age 13 must be accompanied by an adult. Strollers are only permitted on the track weekdays between the hours of 9 am and 4 pm as long as it is not too crowded by the discretion of the staff.

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### Do you qualify for the City of Annapolis Resident Rate?

We welcome all Annapolis City, Anne Arundel County and non-county residents to participate in our programs and classes. “Resident” is defined as living in the corporate limits of the City of Annapolis. You may have an Annapolis mailing address or a 21401/21403 zip code, but you may not live in the corporate limits or pay City taxes.

The resident/non-resident fee structure has been established to benefit those individuals and families whose City taxes help off-set the cost of Department operations. To determine if you live within the corporate limits, please check the street listing listed online: <http://www.annapolis.gov/Government/Departments/PublicWorks/StreetListing/StreetListingA.aspx>. If your street is not listed, you are required to pay the non-resident rate for classes and programs. Thank you in advance for your assistance in listing your correct residency status.



### Host your next party or event at PMRC!

See page 8 for more info ...





# "Pip" Moyer Recreation Center (PMRC)

## PMRC Membership

### Full Membership

- Valid for full year, 12 months from enrollment date
- Annual memberships are paid in full at time of registration. Monthly rates are per month with four months pre-paid, which is non-refundable.
- Unlimited use of the gymnasium, fitness center, indoor track, Ballocity™ Playspace and rock climbing wall during posted times
- Attend Primary Fitness classes for FREE
- Register for programs and classes held at PMRC and rent meeting rooms (program/rental fees apply)
- Use of Kidz Zone babysitting services (extra fees apply)
- Pay yearly or monthly

### Program Membership

- Valid for one calendar year, begins January 1<sup>st</sup>
- Register for programs and classes held at PMRC and rent meeting rooms (program/rental fees apply)
- Use of Kidz Zone babysitting services (extra fees apply)

### Punch Card (20 visits) & Daily Pass / Drop In

- Valid for one year from date of purchase
- Available for purchase to use the facility

**Fees are determined annually by the Annapolis City Council. Membership Fees are listed online and are valid for FY2011 (Effective July 1, 2010).**

**Now offering  
Corporate  
Memberships!**

## Membership Information

No refunds for any reason are granted. Monthly memberships may be cancelled after four months with 30 days notice.

All memberships are non-refundable and non-transferable.

Family memberships and Adult/Spouse memberships require all members to reside at the same address. Proof of residency will be required.

**Youth member:** Age 3 - 17

**Senior member:** Age 62+

**Children 2 and under are FREE** with paying adult except when using the Ballocity™ Playspace.

**Corporate membership** = 5 employees per company; memberships are transferable within company.

## Full Membership Fitness Perks!!!

1. Primary Fitness Classes are INCLUDED
2. A complimentary Fitness Orientation (60 minutes) designed to help you become familiar with PMRC, develop your fitness goals and workout plan.
3. Two complimentary personal training sessions\*:
  - one 60 minute session
  - one 30 minute follow-up session

\*Please note: Complimentary personal training sessions are only valid within 30 days of the Fitness Orientation. A 24-hour notice is required for cancelled or re-scheduled personal training sessions.

## Did you know we offer a variety of Personal Training Options to help you achieve your health and fitness goals?

**Who:** Personal Training is available to anyone currently enrolled in either a Full Membership or Program Membership!

**What:** Sign up for 30 or 60 minute individual training sessions or bring a partner for a 60 minute session. Stretch your \$ and purchase a 6 or 12 personal training session punch card.

**How:** 3 Ways to sign up for your fitness orientation or training:

1. Speak with a Fitness Specialist at PMRC or call 410.263.7958
2. E-mail our Fitness Coordinator, Tom Milenkevich: [tmilenkevich@annapolis.gov](mailto:tmilenkevich@annapolis.gov)
3. Complete a Personal Training Interest Form at the PMRC front desk.

**Healthy Living Starts Here.**





## The following Primary Fitness Classes are included with Full Membership!

Program members may purchase a "fitness class pass" or pay a drop-in fee to join any or all Primary Fitness Classes. All classes are for ages 16+, unless otherwise noted.

Classes begin the week of September 7<sup>th</sup>, except Monday classes which will start on September 13 due to the Labor Day holiday. No classes the week of November 22 - 28.

Classes end for the session on Saturday, December 18<sup>th</sup>.

### Abs & Back Express

Forget doing endless crunches on your own - workout with others! Have fun and work over your entire mid-section - abs, obliques, hips, glutes, and the all important low back muscles.

**Mondays, 5:30 - 6 pm, PMRC - Exercise B**

### Cardio-Body Sculpt

Warm-up with some cardio-aerobics, add in the pulse-pounding strength training sets, add a generous helping of abdominal & core work, and top it off with a well-earned recovery stretch. The perfect recipe for a fantastic workout!

**Mondays, 6:15 - 7:15 pm, PMRC - Exercise B**

### Express Indoor Cycling

Wake up and get moving, our doors open early! Others will still be hitting the snooze button while you're hitting the hill climbs, jumps, and interval tracks during this energizing 45 minutes of cardio-fun. Please bring a small towel to class.

**Mondays, 6:15 - 7 am, PMRC - Cycle Studio**

### Group Cycle Extravaganza

Pedal through hill climbs, sprints, chases, and many other exciting drills for a great cardiovascular workout! The variety will offer something for everyone and will challenge you like no other. Please bring a small towel to class.

**Tues & Thurs, 6:30 - 7:30 pm, PMRC - Cycle Studio**



### Pilates Express

Mat workout using the basic principles of concentration, control, precision, centering and breathing. Strengthen abdominal muscles and back plus increase flexibility. Please bring yoga mat or towel to class. Instructor: Cheryl Mauck

**Tuesdays, 8:30 - 9:15 am, PMRC - Exercise A**

### Pilates - Mat

Pilates provides a balanced, full-body workout. You will strengthen the "core" - lower back muscles, the abdomen, and the gluteus - to support your body's natural architecture and balance.

**Thursdays, 7 - 8 pm, PMRC - Exercise A**

### Total Body Conditioning

Strengthen and train your whole body! Develop strength, endurance and muscle tone in all major muscle groups of the upper and lower body, including abdominal training. Feel the burn in this class!

**Wednesdays, 6 - 7 pm, PMRC - Exercise B**

### Vinyasa Yoga

Enjoy an exploration of classic yoga poses to stretch and strengthen. Focus on elongation, rejuvenation and relaxation. Perfect for stress reduction and overall well-being. A moderate-paced class for beginners and continuing students.

**Fridays, 9 - 10 am, PMRC - Exercise B**

### Work Your Core

Want to tone and flatten your stomach? Suffer from low back pain? Join us for abdominal and core specific movement and exercise. Hand weights, stability balls, exer-tubes and more provide you with a challenging, yet low-impact workout.

**Tuesdays, 6 - 7 pm, PMRC - Exercise A**

### Yoga - For Stress Relief

Too much stress? Have trouble sleeping? Tight or tense in the neck, back and shoulders? Join our therapeutic, gentle yoga class that will calm your nerves, restore your peace, and bring you back into balance.

**Wednesdays, 7 - 8 pm, PMRC - Exercise B**

### ZUMBA Fitness Party

ZUMBA is a one-of-a-kind cardiovascular workout filled with fast and slow rhythms, interval training, and exciting dance moves will be sure to get you hooked!

**Saturdays, 10:30 - 11:30 am, PMRC - Exercise B**



## Fitness Classes for Age 55+ only

*included with Full Membership*

### Balance Class

For many older adults, loss of balance and fear of falling are major concerns. Practice easy-to-learn body positions and movements to help you develop and maintain better balance. Exercises also help you build bone density for osteoporosis prevention. Instructor: Kay Musial, Certified Fitness Instructor for Older Adults.

**Mondays, 10:15 - 11:30 am, PMRC - Exercise B**

### Sit & Fit

All levels and abilities will improve their fitness level with cardio, balance, flexibility and core strengthening. The majority of activity is non-weight bearing - performed while seated in a stable chair - and is great for those with musculoskeletal or joint issues. Also focuses on therapeutic exercises that make everyday activities easier to perform.

**Thursdays, 9 - 10 am, PMRC - Exercise B**

### Yoga for the Older Adult

Research has found that continued yoga practice can help alleviate or reduce many of the health challenges we face as we age. The instructor will modify poses to accommodate each participant's fitness level, health conditions and other concerns.

**Tuesdays, 9 - 10 am, PMRC - Exercise B**

**If I am not a member can I still attend a Primary Fitness Class???**  
**YES, You can:**

### Fitness Class Pass

This class pass enables **Program Members** to take unlimited Primary Fitness Classes during the fall session (Sept 8 - Dec 18). Fitness Class pass holders must sign-in for each class. This pass is good for Primary Fitness Classes only; does not include specialized classes. Non-refundable and non-transferable. #3887 R \$119\* / NR \$149\*

### Drop-In Fee - Primary Fitness Classes

Not a member? Drop into a **Primary Fitness Class** and give it a try! Fee also includes guest admission to PMRC for the visit. Drop in class fees are non-refundable and non-transferable. R \$15 / NR \$19



# Adult Programs

## Athletics

### Kickball Leagues

Sponsored by Annapolis Sport & Social Club, played at Truxtun Park. For registration information, contact Mike Cray at [mikec@baltssc.com](mailto:mikec@baltssc.com)

### Men's 3-on-3 Basketball League *Age 30+*



Call your own fouls in this fun and competitive league. In order to register at the resident rate all team members must be City of Annapolis residents. Maximum number of players on each roster is four. League will play 12 weeks with playoffs the final two weeks. Team Registration Only

**Wed Sept 15** R \$180\* / NR \$225\*

**6:30 pm start** #3905

PMRC - Court 2



Ever played Futsal?

### Men's Indoor Futsal® Soccer League *Age 18+*

Join this casual and friendly indoor league - new this fall at PMRC. Play 5 a side, 5 players per team with 20 minute halves. There will be one time out per half with a stopped clock. Teams must have shirts with numbers. Games begin at 6 pm - 6 weeks

**Thurs Nov 4** R \$220\* / NR \$275\*

**6 pm** #3906

PMRC - Court #3

### Tennis Lessons *Age 18+*

Have you always wanted to learn this life-sport? Now you can! Taught by experienced tennis pros, these lessons are set at your pace and level. Instructor: Randy Stevens - 6 weeks

**Tues Sept 14** R \$70 / NR \$88

**8 - 9 pm** #3872

Truxtun Park Tennis Courts

In order to support the day to day operations of the new "Pip" Moyer Community Recreation Center, membership fees apply to any program held in the new building. Program memberships are renewed annually each January. Programs that require membership will have an asterisk (\*) next to the fees. R = City of Annapolis Resident, NR = Non-Resident

### Register now for Volleyball Leagues (Fall & Winter) *Age 18+*

Organized recreational co-ed volleyball leagues governed by USA rules. Rally scoring will be used for all three games. Referees are provided and trophies are awarded at the end of league play. Registration is first come, first serve. Numbered shirts front/back required. Players must be at least 18 years of age. Teams are responsible for keeping score and providing linesman and properly numbered jerseys. Place your team in the appropriate league and level of play Game times are 7 and 8 pm- 10 week leagues  
R \$220\* / NR \$275\*

#### Fall League (begins Sept 13)

Mon - Level A #3907  
Tues - Level C #3908  
Wed - Level B #3909  
Thurs - Women's #3910

#### Winter League (begins Jan 10)

#3878  
#3911  
#3912  
#3913



## Dance



### Latin Dance

Spice up your life and experience the Latin Dance of Salsa, Merengue and Cha-Cha. You will have fun captivating your audience across the dance floor with your great moves. No partner is required. Class is taught by Yari Edstrom - 12 weeks

**Thurs Sept 16** R \$96\* / NR \$120\*

**7 - 8 pm** #3904

PMRC - Exercise A

## Seminar: Preventing Falls and Stumbles for the Older Adult

Falls are the leading cause of accidental death of older adults. Learn ways to keep you and your loved ones safe. Safe standing and mobility for the older adult are the focus of these sessions. Discover the importance of developing and maintaining better balance. Instructors: Kay Musial and Norma Uemura; Certified Older Adult Instructors

Full members FREE, Program members \$10

**Sat Sept 25** 10 - 11:30 am #3894

**Sat Oct 23** 10 - 11:30 am #3895

PMRC - Meeting Room

## Health & Fitness

### 40 Days of Fitness

Everyone struggles with eating healthy and staying active over the holiday season. Join forces with the staff of PMRC in a fun and exciting program aimed at staving off holiday weight gain, avoiding exercise complacency, and bridging the motivational gap between Thanksgiving and New Year's Day. One 30 minute personal training session included. We'll help you spice up your workouts, sweeten your taste for healthy holiday habits, and track your progress as you maintain your weight and health over the final 40 days of the 2010. Start the New Year off right by finishing off the current year strong - 6 weeks

**Mon Nov 22** R \$30\* / NR \$38\*

**6 am - 9 pm** #3888

PMRC - Fitness Center

### Fitness Assessment

Have a certified Personal Trainer guide you through a series of standard measurements and tests to determine your current physical fitness level. A fitness assessment typically includes elements to evaluate body composition, aerobic capacity, muscular strength and endurance, flexibility and functional movement. Results will help you set fitness goals, track improvements, and fuel your motivation. The fitness assessment is non-diagnostic and non-medical in nature. Sessions are 45 minutes. Inquire at PMRC front desk or with a trainer directly to schedule an appointment.

Single Session: R \$36\* / NR \$45\*

### Tai Chi *Age 16+*

Tai Chi relieves the effects of stress on the body by encouraging movement, increasing range of motion and improving joint flexibility. A weekly Tai Chi practice will bring you increased focus and calm. Come see how Tai Chi can change your life! - 6 weeks

**Tues/Thu Sept 14** R \$75\* / NR \$94\*

**7 - 8 am** #3960

**Tues/Thu Nov 2** R \$75\* / NR \$94\*

**7 - 8 am** #3961

PMRC - Exercise A

Join  
our 40  
Days of  
Fitness



## 5K Turkey Trot Training Program

Planning on running a 5K road race this fall? Let us help you achieve peak performance. Whether it's your first race or you're looking to improve your personal record, we've got the plan for you. This program will help you develop a 10-week training schedule and provide the weekly workout goals. Meet with our running coach Tuesday evenings for a chance to discuss your progress and participate in a group workout on the indoor track - 10 weeks

**Tue Sept 8** R \$80\* / NR \$100\*

**6 - 7 pm** #3893

PMRC - Indoor Track

## Turn Back the Clock Age 55+

Exercise and strength training will help you look and feel younger and stay active longer. Exercises will help improve your strength, flexibility, posture, coordination and reduce the risk of falls. Strength training also helps alleviate symptoms of chronic conditions such as arthritis - 6 weeks

**Mon/Wed Sept 13** R \$42\* / NR \$53\*

**9 - 10 am** #3896

**Mon/Wed Nov 1** R \$42\* / NR \$53\*

**9 - 10 am** #3897

PMRC - Exercise B



## Wonder Women Cycling

Enjoy cycling around some of the most beautiful roads in Anne Arundel County while you build cycling endurance. Enjoy fresh air, beautiful scenery and the camaraderie of other active women. Most rides will roll through Anne Arundel County with one super scenic destination ride. Coach: Kate Grove. No class on 9/19 - 6 weeks

**Sun Sept 12** R \$90 / NR \$113

**8:30 - 10:30 am** #3914

Meet at Truxtun Park pool parking lot

## Yoga - Baby and Me

*Babies 6 weeks - Pre-crawling*

Connect with your body and bond with your pre-crawling baby while you practice a set series of yoga postures and basic massage techniques for the baby. Experience this unforgettable time in your life with other people in the same memorable place. Please bring a mat to class - 6 weeks

**Thurs Sept 16** R \$45\* / NR \$56\*

**9 - 9:45 am** #3901

**Thurs Nov 4** R \$45\* / NR \$56\*

**9 - 9:45 am** #3902

PMRC - Exercise A



## Yoga - Prenatal Age 16+

Expecting moms-to-be will learn to listen to their changing bodies and connect with their developing baby through yoga postures and breath. Suitable for beginning and experienced yoga students. Please bring a mat to class - 6 weeks

**Thurs Sept 16** R \$49\* / NR \$61\*

**10 - 11:15 am** #3899

**Thurs Nov 4** R \$49\* / NR \$61\*

**10 - 11:15 am** #3900

PMRC - Exercise A

## Yoga - Therapeutic Age 16+

Gently strengthen your body, enhance breathing and relaxation, quiet your mind and nourish the spirit so health and healing can occur. No previous yoga experience required. Young at heart and individuals with chronic conditions or physical limitations are welcome. Please bring a mat to class - 6 weeks

**Tue Sept 14** R \$49\* / NR \$61\*

**6:30 - 7:45 pm** #3883

**Tue Nov 2** R \$49\* / NR \$61\*

**6:30 - 7:45 pm** #3903

PMRC - Exercise B

## Special Events

ONE DAY EVENTS

### Health & Fitness Workshop Series

Join the PMRC Personal Training staff and guest presenters for a series of informal workshops on a range of important health and fitness topics. A mix of short presentations, Q & A sessions, and demonstrations will help us explore the realities - and debunk the myths - of weight loss, heart health, nutrition, exercise and other topics. Held at PMRC - Meeting Room

**Full members FREE; Program members \$10**

**Weight Loss Workshop #3889** **Exercise & Heart Health #3890**

**Thurs Sept 16, 6:30 - 7:30 pm**

**Thurs Oct 14, 6:30 - 7:30 pm**

**Nutrition Workshop #3892**

**Thurs Nov 11, 6:30 - 7:30 pm**

### Trash and Treasures Rummage Sale

Expanded sale this fall! Clean those closets, basements and garages. Someone else's junk is another's treasure. Make money at our community wide yard sale. In the event of inclement weather, sale will be re-scheduled. Pre-registration required. Booth area is approximately 12 x 12. One table and 2 chairs are provided for the "table" rate or bring your own table/chairs for a reduced cost. Held at Truxtun Park pool parking lot.

**Sat Sept 18**

**8 am - 12 noon**

#3875 \$20 per table

#3921 \$15 if you bring your own table

## Sun Sign Sunology

**Fall Astrology Classes for Teens and Adults 14+**

Easily learn astrology using a basic and simple method. Know yourself and your loved ones better, make timely decisions, and know where you are headed. Each class is two sessions.

**Sat., Sept 18 & 25**

**\$99**

**Sat., Oct 9 & 23**

**Sat., Nov 6 & 13**

**Located at 123 Severn Way**

**9 - 11 a.m.**

**Arnold, MD. 21012**

**Classes taught by Rev. Sharon Moore, teacher, astrologer, chaplain & author of Sunology: A Guide to Source Connection**  
**She is also available for:**

**Spiritual Counseling  
Astrology Readings  
Weddings & Ceremonies**

**1-877-SUNOLOGY**

**www.sunsignsunology.com**

**Contact Sharon Moore for info  
sharon@sharon-moore.com**

*Advertisement - Classes not associated with Annapolis Recreation and Parks*



# Child Care, Drop N Shop, Schools Out - Kids In

## Child Care in the Schools

The Annapolis Recreation and Parks Department has provided child care for elementary age children since 1985. We offer before and after school care. Please check with individual sites to see the times offered and space availability. Registration materials are available at each program site, the Pip Moyer Recreation Center and on our web site: [www.annapolis.gov/recreation](http://www.annapolis.gov/recreation).

The program follows the Board of Education calendar. On major holidays the program is closed. We are accepting applications for qualified personnel. Call 410.263.7958 for an application.

**The programs are offered in the following schools in Annapolis:**

### Annapolis Elementary

180 Green St • 410.295.0044 • Director: Jennifer Herb

### Eastport Elementary

420 Fifth St • 410.263.4864 • Director: Sandra Solomon

### Georgetown East Elementary

111 Dogwood Rd • 410.267.6114 • Director: Sandy Hollingsworth

### Germantown Elementary

1411 Cedar Park Rd • 410.268.8566 • Director: Dolphy Glendinning

### Hillsmere Elementary

3052 Arundel on the Bay Rd • 410.295.1693 • Director: Jessica Browning

### Tyler Heights Elementary

200 Janwall St • 410.268.3970 • Director: Vanessa Speaks

### West Annapolis Elementary

210 Annapolis St • 410.280.6194 • Director: Jennifer Rahorn

## Schools Out - Kids In + Kids Night Out + Drop N Shop

### Kid's Day In Age 5 - 11

School is out and it is time to play! Come join us on teacher workdays when school is closed for a fun filled day of supervised activities. Games, play in Ballocity™, crafts and more! Led by experienced instructors. Bring a bagged lunch and drink. Must be pre-registered to attend. R \$40\* / NR \$50\*

**Fri Oct 15, 8:30 am - 5:30 pm** #3915

**Mon Nov 22, 8:30 am - 5:30 pm** #3916

**Tues Nov 23, 8:30 am - 5:30 pm** #3917

PMRC - Aux Gym

**School is Out -  
Kids are In!**

### Kid's Night Out Age 5 - 11

Kids, give your parents a break and come over to the Rec Center for pizza, games, Ballocity™, and a movie! Led by experienced instructors. Must be pre-registered to attend. R \$10\* / NR \$13\* (\$7 for each additional child per family)

**Fri Sept 10, 6 - 9 pm** #3918

**Fri Nov 12, 6 - 9 pm** #3919

PMRC - Aux Gym

### Drop N Shop Age 5 - 11

Drop the kids at the Rec Center for a morning full of games, activities, bingo, and pizza. Kids can make crafts and give to their family for holiday gifts! Parents can shop for the holidays or just get some extra "kid-free" time! Led by experienced instructors.

R \$10\* / NR \$13\* (\$7 for each additional child per family)

**Sat Dec 4, 9 am - 12:30 pm** #3920

PMRC - Meeting Room 3



**Scholarship Info** Because some residents are unable to participate in programs due to economic hardship, the Annapolis Recreation and Parks Department provides a scholarship program to reduce membership fees, program fees and charges. Applications and the complete list of guidelines are available at the Front Desk. A limited amount of funding is available. Scholarships are for recreation programs and memberships only and do not apply to supply fees, trips or facility rentals.

**Did you know that you can register online for our programs? You can also find:**

- Monthly Newsletter
- Fitness Class Schedule
- Weather Cancellations
- Calendar of Events
- Membership Rates
- Parks & Trails Information
- Photo Gallery



annapolis

recreation & parks

Healthy Living Starts Here.

[www.annapolis.gov/recreation](http://www.annapolis.gov/recreation)

## HaVE YoUR BiRTHDaY PaRTY aT THE ReC CeNTeR!!!

**Celebrate your special day with us!**

We do all the work and you have all the fun! Party includes invitations, staff, set-up, and clean-up. You just provide the kids and cake!

Parties NOW include 75 minutes of activity + 45 minutes for cake/refreshments = 2 hours of fun!

Times available: Friday evenings, Saturdays & Sundays!

### Party Themes:

**Ballocity™, Dance, Rock Wall or Sports!**

Ballocity™ or Rock Wall: \$255\*  
Up to 15 participants Additional \$15/each

Sports or Dance: \$225\*  
Up to 15 participants Additional \$10/each

**Call today to reserve your special date! 410.263.7958**





In order to support the day-to-day operations of the new "Pip" Moyer Community Recreation Center, membership fees apply to any program held in the new building. Program memberships are renewed annually each January. Programs that require membership will have an asterisk (\*) next to the fees. R = City of Annapolis Resident, NR = Non-Resident



Healthy Living  
Starts Here.

Basketball  
coaches are  
needed!

Anyone wishing to coach must fill out a background check prior to consideration. Basketball experience is preferred. All coaches will be required to meet on Mon Dec 6, 2010 at 6:30 pm at PMRC.

## Athletics

### Afterschool Sports Age 6 - 12

Join Coach Barry in the gym and play team sports after school. A great way to burn energy, have fun and learn a few sport skills too! On nice weather days, activity may take place outside. Please wear comfortable clothing and tennis shoes. Instructor: Barry Booth - 6 weeks

**Tues Sept 13 3:45 - 4:45 pm** R \$49\* / NR \$61\* #3783

PMRC - Court 3

### ABC Baseball - Fall Clinic / Scrimmage Age 10 & Under

Keep in shape and fine tune your baseball skills in the fall. One night a week ARPD Staff and ABC coaches will assist with the clinics and scrimmages. Jay Jennings of Diamond Skills will divide youth into groups for clinics learning footwork, fielding, batting and throwing for the first hour. Youth will be divided into teams for the scrimmages from 7 - 8:30 pm. Gloves and bats are needed - 4 weeks

**Fri Sept 17 6:00 - 8:30 pm** R \$40 / NR \$46 #3962

Truxtun Park - Ballfield #2



### Baseball Skills Winter Clinic Age 9 - 12

Get a jump on your baseball skills with our Mustang (Age 9 - 10) and Bronco (Age 11 - 12) divisions. Mustang participants will have instruction to learn the basic fundamentals of hitting, fielding, pitching, base running, and general baseball terms and techniques. Conditioning, arm safety and regular baseball drills will be introduced. Bronco instruction includes leading, base running, stealing, pick-offs, pitcher balks, holding runners and many more detailed nuances of the game. Age as of May 1<sup>st</sup>. Instructor: Ray Sears - 6 weeks

**Thurs Nov 4** R \$65\* / NR \$81\*

**5:30 - 7 pm** #3949 Age 9 - 10

**7 - 8:45 pm** #3950 Age 11 - 12

PMRC - Aux Gym

*Get Ready for Spring Baseball!  
Look for registration in Jan 2011!*

### ARPD Instructional Youth Basketball League Age 5 - 11

(Formerly the Optimist Basketball League) Clinic program is designed for boys and girls ages 5 - 7 to learn basic ball handling skills. League play for ages 8 - 11 will consist of one practice per week and one game on Saturdays - 8 game season. Trophies awarded at the end of the season. Game shirt provided for clinic and individuals. Child birth date as of Dec 31, 2010. PMRC - Aux Gym or Large Gym

**Registration: Aug 16 - Nov 19** After Nov 21 a \$15 late charge per individual/team will apply if spaces are available. Team Registration - D level only. Must provide your own jerseys, certified coaches and equipment.

**Clinics and league play begins Jan 8, 2011.**

5 yr	Clinic	\$55*	#3806
6 yr	Clinic	\$55*	#3807
7 yr	Clinic	\$55*	#3808
8 - 9 yrs	Individuals - Boys	\$55*	#3809
8 - 9 yrs	Individuals - Girls	\$55*	#3810
10 - 11 yrs	Individuals - Boys	\$55*	#3811
10 - 11 yrs	Individuals - Girls	\$55*	#3812
8 - 9 yrs	Team - Boys	\$320*	#3802
8 - 9 yrs	Team - Girls	\$320*	#3803
10 - 11 yrs	Team - Boys	\$320*	#3805
10 - 11 yrs	Team - Girls	\$320*	#3804



## 3 First Play Sports Programs (Age 3 - 6):

Annapolis Recreation is partnering with FirstPlay Sports to provide a fun sports experience for your little one. FirstPlay Sports strives to promote valuable attitudes about exercise, sharing, teamwork and pride in accomplishment. A merit certificate and FirstPlay T-shirt are included.

### Kiddie Fitness Program

Come learn and play a wide range of fitness activities while helping to build coordination, self-esteem, and a life-long love of sports and exercise. Leap frog, parachutes, dance, ball handling, bean bag frogs, jump ropes, ring toss, and more. Please bring a water bottle - 5 weeks

**Thurs Sept 16** R \$70\* / NR \$88\*

**10:30 - 11:30 am** #3930 Age 3 - 4

**4 - 5 pm** #3931 Age 5 - 6

PMRC - Aux Gym

### Kiddie Multi-Sport Clinic

Come play a wide range of sports in one fun dynamic setting. The basics of a variety of sports are covered throughout the clinic through age-appropriate games and drills. Soccer, T-ball, flag football and fitness will be covered. Please bring a water bottle - 5 weeks

**Wed Sept 15** R \$70\* / NR \$88\*

**10:30 - 11:30 am** #3928 Age 3 - 4

**4 - 5 pm** #3929 Age 5 - 6

PMRC - Aux Gym

### Kiddie Tennis Lessons

Learn the basics and improve your skills! Grips, footwork, ground strokes, volleys, and tons of age-appropriate tennis games. Please send your Kiddie player with a racket and water bottle - 5 weeks

**Tues Sept 14** R \$70 / NR \$88

**9:30 - 10:30 am** #3926 Age 3 - 4

**10:30 - 11:30 am** #3927 Age 5 - 6

Truxtun Park Tennis Courts

### Basketball Skills by Coach Barry

An opportunity for boys and girls to get ready for the winter basketball season. Coach Barry will teach the basic skills of dribbling, passing, shooting, offensive and defensive strategies and the importance of teamwork and good sportsmanship. Instructor: Barry Booth - 6 weeks

**Tues Nov 2** R \$49\* / NR \$61\*

**3:45 - 4:45 pm** #3885 Age 8 - 10

**Thurs Nov 4** R \$49\* / NR \$61\*

**3:45 - 4:45 pm** #3886 Age 11 - 13

PMRC - Court 1

### Indoor Futsal® Soccer

This U10/U11, boys league is played 7-on-7 and is designed to keep youth playing extra games during the soccer season to improve their soccer skills. Register by team only - 8 week league

**Fri Sept 17** R \$240\* / NR \$300\*

**6:15 pm** 1<sup>st</sup> game #3955

PMRC Court 1 & 2



# Kids & Teen Programs

## Little Big Shots Age 3 - 5

Together, parents and children can learn and play various sports while practicing fundamental motor skills designed specifically for the young child. The skills will focus on throwing, catching, kicking and batting. - 6 weeks

**Thurs Sept 16** R \$49\* / NR \$61\*

**9:30 - 10:15 am** #3842

**Sat Sept 18** R \$49\* / NR \$61\*

**9:30 - 10:15 am** #3843

PMRC - Aux Gym

## Mighty Milers Age 7 - 12

Learn the joy of fitness through running. Emphasis is on proper warm-up, stretching, track etiquette, pacing and cool-down. Each runner will benefit from the work-outs through self-motivation, improved self-concept and a general feeling of well-being. Runners will log their mileage completed at the Pip Moyer indoor track in their own running log and will earn incentives for completed miles. No class on 10/2/10. Coach: Cynthia Barney - 6 weeks

**Sat Sept 11** R \$49\* / NR \$61\*

**9 - 10 am** #3951

PMRC - Indoor track

## Pee Wee Hoops Age 3 - 5

Is your little one bouncing balls off the walls? This parent-child interactive program is geared for active children. Experienced instructors introduce basic basketball skills such as bouncing, catching and shooting using age-appropriate games and activities. - 6 weeks

**Thurs Nov 4** R \$49\* / NR \$61\*

**9:30 - 10:15 am** #3855

**Sat Nov 6** R \$49\* / NR \$61\*

**9:30 - 10:15 am** #3856

PMRC - Aux Gym

## Rock Climbing Age 5 - Adult

Learn the basics of climbing, develop upper body strength and confidence in conquering heights. Classes will give your child an opportunity to develop the movement and control skills necessary to climb. Specific rules and regulations are available at the PMRC front desk. A waiver is required to be signed by a parent/guardian for climbers under 18 years of age. Appropriate clothing and tennis shoes are required, no jewelry. - 6 weeks

**Wed Sept 15** R \$49\* / NR \$61\*

**5:30 - 6:20 pm Billy Goats** Age 5 - 6 #3952

**6:30 - 7:20 pm Kidz on a Rock** Age 7 - 8 #3953

**7:30 - 8:20 pm Kidz on a Rock** Age 9 - 13 #3954

PMRC Rock Climbing Wall

## Attention Homeschool Students:

### Sports, Games and Fitness for

### Homeschoolers Age 6 - 14

Create balance in your home education curriculum with a physical education component. Children will learn sports and games while developing hand-eye coordination, balance, teamwork, confidence, and sportsmanship. On nice weather days, activity may take place outside. Please wear comfortable clothing and tennis shoes. Instructor: Barry Booth - 12 weeks

**Wed Sept 15** R \$90\* / NR \$113\*

**10 - 11 am** #3868

PMRC - Court #3

## Tennis Lessons Age 8 - 15

Learn beginning strokes, forehand, backhand, and rules of the game. A sport for all ages that can be played at your own pace and level.

Held at Truxtun Park tennis courts. Instructor: Randy Stevens - 6 weeks

**Tues Sept 14** R \$70 / NR \$88

**6 - 7 pm** #3873

Truxtun Park Tennis Courts

## Tiny Tumblers Age 3 - 5

You will flip for this program! Learn beginning gymnastics skills in a fun environment. Class will focus on developing strength, balance, flexibility, and coordination. Class will be taught by Leandra Quiroz - 6 weeks

**Wed Sept 15** R \$49\* / NR \$61\*

**10:30 - 11:15 am** #3947

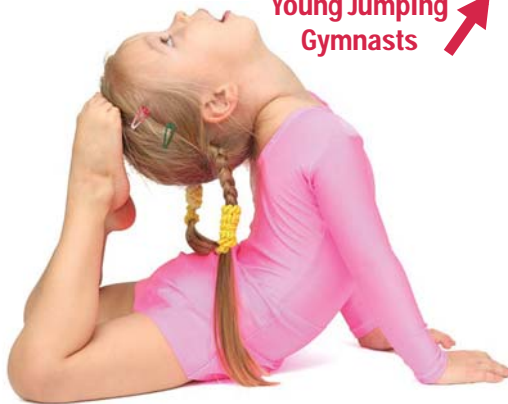
**Wed Nov 3** R \$49\* / NR \$61\*

**10:30 - 11:15 am** #3948

PMRC - Aux Gym

Did you see our NEW  
Classes?

Tiny Tumblers &  
Young Jumping  
Gymnasts



## UK Petite Soccer Age 3 - 5

A fun introduction to soccer! Our "games based" approach includes activities and games and are designed to maximize the amount of touches each player has on the ball with their feet. Parents are welcome to stay and join in the fun! Bring shin guards, a drink and a smile! No class 9/15 - 6 weeks

**Two Sessions:** R \$87 / NR \$109

**Tues Sept 7** 11 am - 12 pm

**Tues Sept 7** 1 - 2 pm

Truxtun Park ball field #1

Register through UK Soccer online:

[http://www.ukelite.com/petite\\_programs.jsp](http://www.ukelite.com/petite_programs.jsp)



## Young Jumping Gymnasts Age 5 - 8

Students will learn basic skills and drills for young gymnasts. These young gymnasts will experience how fun it is to be part of a team while jumping, turning, and tumbling in a high spirited environment. Instructor is Leandra Quiroz - 6 weeks

**Wed Sept 15** R \$49\* / NR \$61\*

**4 - 4:45 pm** #3933

**Wed Nov 3** R \$49\* / NR \$61\*

**4 - 4:45 pm** #3934

PMRC - Aux Gym

## Dance

### Jazz, Hip-Hop, & Funk Age 14+

Hip-Hop encompasses movement of popping, locking and street dance! Jazz is energetic and fun that showcases a dancer's individual style and flare. Combining the two just creates exciting, funky movement. We will take familiar dance moves and technique to create short, high energy and fun combinations. Come ready to dance. Class is taught by Leandra Quiroz - 12 weeks

**Sat Sept 18** R \$90\* / NR \$113\*

**11 am - 12 pm** #3936

PMRC - Exercise A



## Ms. Cheryl's Dance Classes

Classes begin the week of Sept 13 and run for 12 weeks. Taught by Cheryl Mauck, graduate of the University of Maryland, BA in dance.

Classes may be changed/added to accommodate demand. Fee: R \$108\* / NR \$124\*

### Ballet, Tap and Tumbling (BTT)

Students will do a ballet warm-up, followed by basic tumbling skills, ending with beginner tap steps. This class will also explore creative movement through various props. Students need dance clothes, ballet and tap shoes.

### Monday Dance Classes

#3790	9:15 - 10 am	BTT	Ages 3 - 4
#3791	10 - 10:45 am	BTT	Ages 3 - 4
#3796	10:45 - 11:30 am	BTT	Ages 4 - 6
#3792	11:30 - 12:15 pm	BTT	Ages 3 - 4
#3797	12:15 - 1 pm	BTT	Ages 4 - 6

### Ballet, Tap and Jazz (BTJ)

Ballet warm-up, followed by either jazz or ballet movement center floor, ending with tap technique. This class also touches on creative exploration through imagery and props. Students need dance wear and ballet and tap shoes.

### Tuesday Dance Classes

#3864	9:15 - 10 am	RDS	Ages 2 - 3
#3793	10 - 10:45 am	BTT	Ages 3 - 4
#3798	10:45 - 11:30 am	BTT	Ages 4 - 6
#3794	11:30 - 12:15 pm	BTT	Ages 3 - 4
#3799	12:45 - 1:30 pm	BTT	Ages 4 - 6
#3801	1:30 - 2:15 pm	BTT	Ages 4 - 6
#3785	3:15 - 4:00 pm	BTJ	Ages 5 - 8
#3932	4 - 4:45 pm	BTJ	Ages 6 - 10

### Rhythm, Dance and Singing (RDS)

This class begins with finger plays, followed by songs encouraging basic locomotor skills. The class plays instruments, dances with beanbags, works with props, walks on a low balance beam and learns basic tumbling skills. Students should wear clothes they can move freely in and shoes or bare feet. Parents or caregivers will participate.

### Thursday Dance Classes

#3795	12:45 - 1:30 pm	BTT	Ages 3 - 4
#3800	1:30 - 2:15 pm	BTT	Ages 4 - 6
#3789	3:45 - 4:30 pm	BTJ	Ages 7 - 12
#3787	4:30 - 5:15 pm	BTJ	Ages 5 - 8
#3788	5:15 - 6 pm	BTJ	Ages 5 - 8
#3786	6 - 6:45 pm	BTJ	Ages 5 - 8



## Youth Ballet Age 3 - 6

Little girls can experience their dream of becoming a ballerina! Classes include barre work, various combinations including battement tendu, preparation for pirouette, arabesque, sauté and more, as well as routines from the Nutcracker Suite and Swan Lake. Class is taught by Yari Edstrom - 12 weeks

**Sat Sept 11** R \$102\* / NR \$128\*  
**9 - 9:45 am** #3937 Age 3 - 4  
**10 - 10:45 am** #3938 Age 5 - 6  
 PMRC - Exercise A

## Youth Jazz & Hip-Hop Age 7 - 13

Come get funky! Jazz and hip-hop moves will keep you on your toes! Students will learn to dance in a group setting and develop different combinations. This class will be a great learning environment to acquire rhythm and beat. You will be able to take the dance moves and develop your own personal style. Class is taught by Leandra Quiroz - 12 weeks

**Wed Sept 15** R \$90\* / NR \$113\*  
**5 - 6 pm** #3935  
 PMRC - Exercise A

## Crafternoons Age 7 - 10

Kids will tap into their creative side as they dive into a variety of craft projects. From sock puppets to beading, bracelets and origami - you name it, they'll craft it! Instructor: Kathleen Brasington - 6 weeks

**Mon Sept 13** R \$60\* / NR \$75\*  
**4:30 - 5:30 pm** #3939  
 PMRC - Meeting Room



## Hello Horses Age 6 - 10

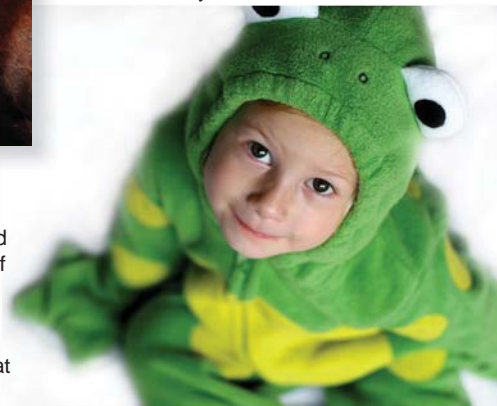
Equilibrium School for Horsemanship and ARPD have partnered to introduce your child to Level I Horsemanship. Learn the basics of horse care and the fundamentals of riding. To pass the Level I test, students should will demonstrate how to safely handle, halter, groom, lead and turn correct basic position at the halt and ride with control at the walk and trot. Certification will be given to all students who pass these easy to learn tasks. For your safety, approved riding helmets (bike or skateboarding helmet) and hard soled shoes with a heel must be worn. At the time of registration a waiver form will be issued. - 6 weeks

**Mon Sept 13** R \$95 / NR \$119  
**6 - 7 pm** #3963  
 Equilibrium Horse Center: 1685 Underwood Rd, Gambrills

## Preschool Pretenders Age 3 - 5

Calling all preschoolers to a morning filled with make believe. Let's read stories, sing songs, create crafts, and pretend. Each week is a different theme from animals to pirates and fun in between. The themes for both sessions could include farm, monsters, zoo, transportation, bugs/insects, beach, dinosaurs, circus, career, pirates, blast from the past, and under the sea. Instructor: Kimberly Marquez - 6 weeks

**Mon Sept 13** R \$45\* / NR \$52\*  
**10 - 10:45 am** #3945  
**Mon Nov 1** R \$45\* / NR \$52\*  
**10 - 10:45 am** #3946  
 PMRC - Aux Gym



## Personal Enrichment



## Art & Autism Age 12 & under

Arc of Anne Arundel County and Annapolis Recreation are teaming up to provide Autistic youth with arts and crafts once a week. Scholarships are available upon request by contacting Arc or Annapolis Recreation and Parks - 6 weeks

**Thurs Sept 16** R \$59\* / NR \$74\*  
**10 am - 12 pm** #3956  
 PMRC - Meeting room #1

## A Day of Play Age 12 & under

We are teaming up with Arc of Anne Arundel County to give families of autistic children a day out and experience some fun in the new "Pip" Moyer Recreation Center. Staff is provided by Arc and Annapolis Recreation and Parks. Scholarships are available upon request by contacting Arc or ARPD.

**Sat Oct 9** R \$12\* / NR \$15\*  
**10 am - 12 pm** #3957  
**Sat Nov 6** R \$12\* / NR \$15\*  
**10 am - 12 pm** #3958  
**Sat Dec 11** R \$12\* / NR \$15\*  
**10 am - 12 pm** #3959  
 PMRC - Aux Gym



## Sew Cool Age 7 - 10

Participants will learn elementary sewing skills: hand stitching, easy surface embellishments and the foundations of working with a machine. Instructor: Kathleen Brasington - 6 weeks

**Mon Nov 1** R \$60\* / NR \$75\*  
**4:30 - 5:30 pm** #3940  
 PMRC Meeting Room

## Pee Wee Karate Age 5 - 7

These beginning ninjas will learn basic motor and listening skills. Program emphasis will include focus, teamwork, control, balance, memory, discipline, fitness and coordination. A great introduction to martial arts - 6 weeks

**Sat Sept 18** R \$49\* / NR \$61\*  
**10:30 - 11:15 am** #3857  
**Sat Nov 6** R \$49\* / NR \$61\*  
**10:30 - 11:15 am** #3859  
 PMRC - Aux Gym

← Pee Wee  
 Karate  
 offered  
 Saturday  
 mornings!



## My First School Age 2 - 4

Preschoolers will learn a variety of skills through games, crafts, stories, songs and finger plays. Fun and socialization are part of each week's theme. Parents/ caregivers may join in or not for most classes. No class 11/25. Instructor: Josie Emelio - 6 weeks PMRC - class room R \$39\* / NR \$49 \*

Theme	Start Day	Times	Code
ABC's and 123's	Tues Sept 14	9:30 - 10:15 am	#3941
Fall into Fun	Tues Sept 14	10:15 - 11 am	#3942
Off We Go	Tues Nov 2	9:30 - 10:15 am	#3943
Colorful Shapes	Tues Nov 2	10:15 - 11 am	#3944



**Sept 12** **September Family Fitness and Fun** *Age 4 - 8*  
Start the school year off right with fun, healthy habits. Bring the whole family for family-focused games and activities to get your heart-pumping and your muscles working. Led by experienced ARPD staff and fitness specialists.  
**Sat Sept 12** \$10\* per family  
**9:30 - 11 am** #3922  
PMRC - Court #3

**Two Event - Indoor Cornhole Tournament**  
*Age 14 +*  
Event 1 - Double elimination with winners playing best of three games.  
Event 2 - Seven bag toss to 21; runs concurrently with tournament. Register as a team. Rules follow ACO: [www.americancornhole.org](http://www.americancornhole.org).  
**Sat Sept 18** R \$20 / NR \$25 #3964  
10:30 am check-in and practice  
11 am Tournament starts  
PMRC - Court 1



**Sept 18** **Skateboard Contest - 4th Annual Sevenfold** *Age 8+*  
Drop-in with Sevenfold Skateboards and Chris Opilla as they return to Truxtun Park to host the fourth Annual Fall Skate Contest. Great prizes and giveaways.  
**Sat Sept 18** \$5 Rain date is Sept 25  
**12 pm - practice, 1 pm - start** #3866  
Beginner / Intermediate / Advanced / Best Trick  
Truxtun Park Skate Park

**Trash and Treasures Rummage Sale**  
Expanded sale this fall! Clean those closets, basements and garages. Make money at our community wide yard sale. In the event of inclement weather, sale will be re-scheduled. Pre-registration required. Booth area is approximately 12 x 12. One table and 2 chairs are provided for the "table" rate or bring your own for a reduced cost.  
**Sat Sept 18** #3875 \$20 / table or  
**8 am - 12 noon** #3921 \$15 bring your own  
Truxtun Park Pool Parking Lot

**Sept 19** **Scarecrow Scavenger Hunt**  
*All ages!*  
Bring the whole fall for this new ARPD tradition! Come to Truxtun Park and search for scarecrow clues to find the final prize! All kids will receive a fun-filled-fall theme goodie bag.  
**Sun Sept 19** \$10 per family  
**2 pm** #3924  
Truxtun Park Pool Parking Lot

**Oct 30** **Halloween Hoedown** *Age 3 - 10*  
Nothin' like celebrating the Halloween holiday - country style! Wear your costume and come play games like Cornhole, Punkin Chunkin, line dance, eat treats and plan 'ol have a knee slapping good time! Parents are encouraged to stay and take tons of photos!  
**Sat Oct 30** \$10\* per family  
**2 - 3:30 pm** #3925  
PMRC - Meeting Rooms



**Nov 14** **November Family Fitness and Fun** *Age 4 - 8*  
This winter bring the whole family for family-focused games and activities to get your heart-pumping and your muscles working Led by experienced ARPD staff and fitness specialists.  
**Sat Nov 14** \$10\* per family  
**9:30 - 11 am** #3923  
PMRC - Court #3

**Dec 4** **Drop N Shop** *Age 5 - 11*  
Drop the kids at the Rec Center for a morning full of games, activities, crafts, bingo, and pizza. Parents can shop for the holidays or just get some extra "kid-free" time! Led by experienced instructors.  
**Sat Dec 4** R \$10\* / NR \$13\* (\$7 each additional child per family)  
**9 am - 12:30 pm** #3920  
PMRC - Meeting Room 3

## Community Outreach

### Friday Night Splash

Parents, if you are having a difficult time affording swim lessons for your children, the Friday Night Splash may be for you. Kids meet every Friday for eight weeks and work on basic swimming skills. Proof of financial need is required. You must provide transportation to and from the Arundel Olympic Swim Center. Funding for this program provided through a Community Development Block Grant. Contact Jennifer Bistrack for more information, [jbistrack@annapolis.gov](mailto:jbistrack@annapolis.gov) or 410.263.7958.

**Mid Oct - Mid Dec, 4:30 - 5:30 pm**

### Mighty Milers After School Outreach Program

Be Mighty! The Mighty Milers after school running program will be held in metro-Annapolis elementary schools for the 4<sup>th</sup> year. This 6-week running program meets twice per week and introduces young athletes to the three pillars of fitness: cardio-pulmonary training, strength training and flexibility training. Schools train on their own, and get together for an all-school track meet to celebrate their success. If your child's school is interested in participating, please contact Jennifer Bistrack, [jbistrack@annapolis.gov](mailto:jbistrack@annapolis.gov) or 410.263.7958.

### Revolution Kids Earn-a-Bike Program

Annapolis' first youth bike shop! Annapolis Recreation and Parks, the Police Department., the Transportation Department and Box of Rain have joined forces for this program. Local middle and high school students can learn bike mechanic skills while they rehab abandoned bicycles and earn a bike for themselves or a community member. Funding for this program is provided through a Governor's Office of Crime Prevention and Control Grant. Inquire at [recpark@annapolis.gov](mailto:recpark@annapolis.gov) or call 410.263.7958.

## Want to go sailing?

If you've always wanted to sail but never had the opportunity, here's the free guide that tells you how to get out there. Pick up a copy at the "Pip" Moyer Recreation Center at Truxtun Park or visit [startsailingnow.com](http://startsailingnow.com) to find a distribution spot near you.

**SpinSheet**   
**PropTalk** 

Other great resources for boating on the Chesapeake Bay include SpinSheet Magazine ([spinsheet.com](http://spinsheet.com)) and PropTalk Magazine ([proptalk.com](http://proptalk.com)). Check them out today.

[startsailingnow.com](http://startsailingnow.com)





# Stanton Community Center Programs

The following programs are offered at the Stanton Community Center located at 92 W. Washington Street unless otherwise indicated. Programs are free. Activities are on-going.

Please call the Recreation Office at 410.263.7966 to confirm days and times for initial attendance.

## After School Homework Club



Designed to serve elementary, middle and high school students, this program helps to strengthen academic skills. Students receive tutoring in all core subjects, homework assistance, help with school projects. Have access to computers and the Web. Snacks are provided.

**Mon thru Thurs** Multi-purpose Room  
**3 - 5 pm** Age 6 - 18

## Deliciously Nutritious

Come explore and prepare healthy, good tasting food from around the world. Stimulate your five senses and learn the importance of combining healthy choices with fun activity. Make your own cookbooks and much, much more. Eat what you prepare in class! Note any food allergies at registration and with the instructor - 6 weeks

**Mon** Stanton Center Kitchen  
**4 - 5 pm** Age 7 - 12

## Friday Night Out

Each Friday a field trip is taken; educational, for amusement, athletics/sports, cultural, and/or social. Children are exposed to activities that they may otherwise not experience. Social, interpersonal and communication skills are emphasized. Permission slips required. Some extra fees are required.

**Fridays** Locations Vary  
**6 - 9 pm** Age 6 - 14

## Junior Indoor Tennis Classes

From November to April, Stanton Center Junior Team Tennis practice will be held at the Severn Valley Tennis Facility each Saturday. These practices are being conducted by USTA Certified Instructor Robert Brown.

**Saturdays, beginning in November**  
**Time TBA** Age 14 & under

## Kids Of Honor Program

This is a youth empowerment program designed to motivate children at all grade levels to graduate from high school by increasing their academic and life skills. Each child has the chance to become a monthly or annual KOH Winner. The annual KOH winner will receive a \$500 college scholarship to be presented at high school graduation.

**Mon thru Fri** Multi-purpose Room  
**3 - 6 pm** Age 6 - 18

## Lexie's Cupcake Baking Class

The objective of this program is to teach children how to bake cupcakes from scratch. Each child will have a specific job in the commercial kitchen, for example, stirring the butter, beating the eggs, filling the cupcake holders with batter or clean-up responsibilities.

**1st and 3rd Wednesday of each month.**  
**5 - 6 pm** Age 6 - 12

**The Stanton Community Center also houses several community service providers. Below is a schedule of operations and services. Call the individual agencies at their listed number for more information.**

**Anne Arundel Community College Classes** Saturdays, Adult Basic Skills (GED) Call 410.777.1915 for assessment dates and times.

**Medical / Dental Outreach Clinics** Provided by Anne Arundel Medical Center. All services are by appointment only. Please call 443.481.3599.

**Medical Clinic:** Tuesday 12:30 - 6 pm  
Wednesday 1 - 4 pm  
**Dental Clinic:** Wednesday 1 - 4 pm  
Friday 8:30 am - 12 pm

**Children's Medical Appointments:** Every 2<sup>nd</sup> & 4<sup>th</sup> Thursday of the month  
9 am - 12 pm

**Youth Services Bureau** Youth and family counseling daily from 10 am - 6 pm. After 6 pm, by appointment only. Call 410.626.1800.

**We Care** Offering services for homeless and others who need additional assistance. Daily by appointment. Call 443.370.8024.



## Start The Adventure In Reading (STAIR)

In partnership with Annapolis Elementary School, and First Presbyterian Church, Annapolis Elementary School second grade students will have additional help with one-on-one tutors in reading. Snacks are provided.

**Tues and Thurs** Historic Classroom  
**4 - 5 pm** Second Graders

## Adult Basic Skills Class

In a partnership agreement, Anne Arundel Community College and the Stanton Community Center offer an Adult Basic Skills Class, leading toward a GED. The classes are held every Saturday, excluding holidays, from 9 am to 12 pm in the Center's computer laboratory. Classes are designed for students who do not have a high school diploma and need to review and improve basic reading, math and language skills. Students in ABS classes may be referred to the GED Test Prep classes once these skills have been improved.

To be eligible for the ABS classes, students must be age 16 or older and be officially withdrawn from high school. To register for this class, please call 410.777.1845 to make an appointment for an assessment session before starting class. For more information about ABS and GED Test Preparation classes, visit [www.aacc.edu/abs](http://www.aacc.edu/abs). or call James R. Turner, Facility Manager.

## Zastro Simms Youth Basketball Leagues

A competitive and non-competitive program based on skill and age. All programs take place in the Stanton Center gymnasium. Call for dates/start times.

Clinic	Non-competitive
Sat 8 - 9 am	Age 8 - 9
Co-ed League	Non-competitive
Sat 9 - 10 am	Age 8 - 9 Team: \$200
Co-ed League	Competitive
Wed 6 - 9 pm	Age 10 - 11 Team: \$200
Boys League	Very Competitive
Thurs 6 - 9 pm	Age 12 - 13 Team: \$200
Boys League	Very Competitive
Sat - Time TBD	Age 14 - 15 Team: \$200


## "Smart Board Club"

The "Smart Board Club" program will begin at the Stanton Center as an after school technology based educational program designed to teach reading and mathematical skills to elementary, middle and high school students. Sign-up today!

**Tues & Thurs** Stanton Center  
**3 - 5 pm** Age 6 - 17



# Parks & Trails

 <b>annapolis</b> recreation & parks <i>Healthy Living Starts Here.</i>														
<b>Parks &amp; Facilities</b>		<b>Acres</b>	<b>Baseball Fields</b>	<b>Basketball Courts</b>	<b>Bike/Hike Trail</b>	<b>Boat Ramp</b>	<b>Linear Fields</b>	<b>Nature Areas</b>	<b>Picnic Pavilion</b>	<b>Pier/Water Access</b>	<b>Playground</b>	<b>Restrooms</b>	<b>Sitting Benches</b>	<b>Tennis Courts</b>
1st & Spa Creek, Eastport		0.1												
5th & Spa Creek		0.1												
Acton Cove Park		0.5												
Amos Garrett Park		0.3												
Annapolis Maritime Museum, 2nd St. & Back Creek		1.5												
Annapolis Sports Complex, Locust Avenue		35												
Annapolis Walk Community Park, Belle Drive		3												
Back Creek Nature Park, Edgewood Road		12												
Barbara Nuestadt Park, Monticello Ave & Spa Creek		0.2												
Bates Athletic Complex, behind BMS		15												
Bates Heritage Complex, Smithville Rd		15												
Burnside Park, Eastport		0.1												
Chambers Park, Dorsey Avenue & Kirby Lane		1												
College Creek Park, Clay Street & College Creek		0.2												
Davis Park, 4th & Back Creek, Eastport		0.1												
Fleet Street Park, historic district		0.1												
Horn Point, Chesapeake Avenue, Eastport		0.1												
Kingsport City Playground		2												
Lafayette Avenue & Spa Creek		0.2												
Leon Wolfe, 4th Street & Spa Creek		0.1												
Naval Academy Stadium Trail		1.3												
Newman Street Playground		0.5												
Northwest Street End		0.1												
Poplar Park and Trail		1.5												
Post Office Park, Eastport		0.5												
Primrose Acres, Garden Gate & Edymar		0.2												
Prince George Street End Park		0.1												
Rev. Joseph J. Turner Park, Third & Chester Avenue		1												
Roger W. "Pip" Moyer Community Recreation Center		1.8												
Severn Avenue & Spa Creek, Eastport		0.1												
Spa Creek Conservancy, Silopanna Road		5												
Spa Creek Trail		2												
Stanton Community Center, West Washington Street		0.5												
Truxtun Park, Hilltop Lane		70												

While the City of Annapolis boasts many miles of walking tours and trails, three trails have become the pathway's backbone and access way to many of the city's recreation and cultural facilities:

- Navy-Marine Corps Memorial Stadium Trail**  
 This is a 1.25 mile paved, landscaped trail circling the Navy-Marine Corps Stadium.
- Poplar Avenue Trail**  
 This half mile, grade-separated, hiker/biker trail follows the old B&A rail line through the existing Poplar linear park. The Poplar Trail connects Taylor Ave. and the Annapolis Sports Complex. The public library and the Navy Marine Corps Stadium are also located along this route. One of the main projects to build this trail was the "Right-Tree, Right-Place" Model planting.
- Spa Creek Trail**  
 Completed in 1999, this 1.5 mile paved trail provides a safe, all purpose route for cyclists and pedestrians connecting West Street, the gateway to Annapolis, with Truxtun Park.

## Athletic Field Permits

ARPD schedules and maintains fields at Truxtun Park, Bates Heritage, Bates Athletic and Annapolis Sports Complex (Germantown Elementary). All groups (for profit or non-profit) planning on using our fields for programs or any other organized activity must contact our Department for availability and for details concerning various types of rentals. We are an open park, but organized activities take precedence over any public or private use. Field use permits can be obtained from the ARPD office. Please contact Sherry Whiteford, Athletic Supervisor at 410.263.7958 for more information.

## Boat Launch Areas

**Truxtun Park Boat Launch**, Primrose Road and Spa Creek. Fee: \$5 per launch payable via Visa/MC or annual permit only. No cash is accepted at the park. Fees apply all days of the year to any vessel launched from the concrete ramps. NO COMMERCIAL USE of ramp or beach area is permitted without written authorization. Pay and display tickets (from fee collection device) must be displayed on front dash of all vehicles that have boat trailers attached. Enforcement by the Annapolis City Police Department and employees of ARPD. Violators are subject to vehicle ticketing and towing. Report

any fee collection malfunctions by calling 410.263.7993.

**Annual Permit Information:** Available for \$50 each and must be purchased at the Front Desk of PMRC. Permits are valid 7/1/10 - 6/30/11. Call 410.263.7958 for information.

**Launch:** Be prepared to off load and retrieve your vessel in a safe but swift manner when others are waiting. Move your boat to the waiting dock while others are parking your vehicle. Purchase your launch permit prior to moving your vehicle to the parking area.  
**Parking:** Parking is limited to park users. No overnight parking permitted. Violators will be subject to ticketing and towing. Follow parking signs. No parking on grass.

**Tucker Street Boat Launch**, West Annapolis at Tucker Street and Weems Creek. This boat launch is open to Annapolis Residents ONLY. There is no vehicle/boat trailer parking available. Trailer permits cost \$10 each for the annual boating season and must be purchased at the Front Desk of PMRC located at 273 Hilltop Lane in Annapolis. Please call ARPD for more information 410.263.7958.

## Pavilion Rentals

Truxtun Park has three pavilions available for rent on weekends. Groups of 10 or more require a rental permit. The rental fee is \$50 for City residents, \$75 for non-residents. They

are reserved on a first-come, first-serve basis. Two pavilions hold a maximum of 35 people and one of the pavilions holds up to 50 people. Full payment must be received at the time of registration. Please call 410.263.7958 or go to PMRC to reserve a pavilion.

## Truxtun Park Skate Park

Skate park for in-line and skateboarders is available at Truxtun Park. Signs are posted at the facility with rules and regulations for everyone's safety. The Park operates as a USE AT YOUR OWN RISK facility. Safety equipment is STRONGLY RECOMMENDED.

## Additional Information

Parks are open from dawn until dusk. Due to the natural environment and wildlife in the parks, dogs and other pets MUST be on a leash at all times and must remain on trails and walkways. Patrons must pick up all pet waste and properly dispose. Any maintenance concerns should be directed to the Park Maintenance Division at 410.263.7993. Please direct any other park related questions or concerns to the ARPD at 410.263.7958.

Did you know you can rent our facilities for your event?  
 Call us for more information  
 410.263.7958





## Three ways to sign-up for fun!



### 1. Current Members can register online: <http://reg-e.annapolis.gov>

Register for our programs early! Spaces fill fast! **NOTE:** you must purchase a program membership by phone or in person to register online for programs with an asterisk (\*) Use your Login ID and Account PIN to access your family's account. If you do not know this information, call 410.263.7958.



### 2. New Registrants can call: 410.263.7958

Call Annapolis Recreation and Parks Department at 410.263.7958 during business hours to register for most programs or classes. Be sure to have credit card payment information ready.



### 3. New Registrants can walk-in: "Pip" Moyer Recreation Center

Address: 273 Hilltop Lane, Annapolis

#### You Snooze, You Lose

Nothing cancels a good class quicker than waiting until the last minute to register. If there are not enough registrants by a certain date, the program may be canceled. Registering the day of a class



will not save the class. Please register for all classes as early as possible. Even better, register with a friend!

**Payment Policy** All fees for classes and leagues must be paid at the time of registration. Visa, Master Card, cash, and checks are acceptable forms of payment. Space is limited in most programs. Early registration is recommended. Although registration confirmation will not be confirmed by mail, notification will be made if a class is full or is rescheduled. If openings are available, late registration will be accepted after the program has started. The City of Annapolis charges \$15 for any checks returned unpaid by your bank. Please make checks payable to: **Annapolis Recreation and Parks.**

**Open to All** Annapolis Recreation and Parks prohibits discrimination on the basis of race, color, national origin, age or handicap in its programs, activities, and employment.

**Class / Activity Refunds** A full refund or credit will be given for classes cancelled by the Department. A refund may be granted after the first class if the class has not met your expectations. Please notify the Department in writing, prior to the second class, if you are requesting a refund for any reason. No refunds will be granted after the second class is held. A \$5 processing fee will be deducted from all requested refunds.

**Child Care / Camp Refunds** In all cases, deposits are non-refundable and non-transferable for those programs that require a deposit to hold a spot. Refunds for the balance of the payment may be granted if the Department receives written notification at least 10 working days prior to the start of the program and we are able to fill your spot. A \$5 processing fee will be deducted from all refunds.

**Athletic League Refunds** No refunds will be issued unless the team space can be filled with another team registration at least 10 working days prior to the start date. No refunds will be granted after 10 working days prior to the start of the league. Absolutely no refunds will be granted after the scheduled start date as game schedules are set and officials are committed.

**Cancellation** The Department reserves the right to cancel a program due to insufficient enrollment. Full refunds will be offered when a course is cancelled by ARPD.



#### Inclement Weather Policy and School Holidays

Programs held at the "Pip" Moyer Recreation Center do not always follow the Anne Arundel County Public Schools (AACPS) closure ruling. Weather related cancellations will be posted to the Department's Web site [www.annapolis.gov/recreation](http://www.annapolis.gov/recreation). Or you may call the office at

#### Youth Scholarships Available

Youth scholarships are available through the Annapolis Recreation & Parks Department. The program is available for students who qualify for the free or reduced lunch program in grades K - 12 and who reside in the City limits.

Please contact Sherry Whiteford at 410.263.7958 or [sawhiteford@annapolis.gov](mailto:sawhiteford@annapolis.gov).

410.263.7958 two hours before your scheduled program. If the Snow Emergency Plan for AACPS is in effect, all programs held in the schools are cancelled or delayed, depending on the notice. Programs will not be held on major holidays. Please contact your program instructor as to whether class will be held on a particular holiday.

**Child Care Program Inclement Weather Policy** When school is closed prior to 7:00 am, the Child Care Program is CLOSED. Please listen for the AACPS closures on the local radio or television, or call the Annapolis Recreation and Parks Department at 410.263.7958 for the recorded message or check our web site under cancellations: [www.annapolis.gov/recreation](http://www.annapolis.gov/recreation). If school dismisses early, the Child Care Program opens immediately upon dismissal and closes at 4:30 pm instead of 6:00 pm. However, we ask that parents come to pick up their child as soon as possible, as the roads will be treacherous for you and for our staff. Those enrolled in the After School Program are only eligible for this service. If school is delayed for two hours, Child Care is delayed for two hours. For example, if school opens at 11:00 am, Child Care opens at 9 am. Those registered in the Before School Program are only eligible for this service.

**Photographs and Videos** Participants, adults or children may be photographed or videotaped during City of Annapolis Recreation and Parks programs and events and the photos or videos may be used in this publication, in local newspapers or magazines, in Department of Recreation and Parks collateral, on the City of Annapolis Web site, or on City of Annapolis Facebook, YouTube or Web albums, for the purposes of promoting such programs or events. Participants, for themselves and their minor participating children, hereby voluntarily consent without further notice to being photographed under such circumstances and for such purposes.



**Disciplinary Actions** The Department has the authority to impose disciplinary sanctions for inappropriate/unsportsmanlike behavior and/or non-compliance with Department policies, guidelines, or safety standards. Disciplinary sanctions for individuals may include but are not limited to: prohibition to attend events, suspensions, and dismissal.

**Waiver** By participating in programs, activities and classes offered by Annapolis Recreation and Parks, I agree to release and discharge the City of Annapolis, Department of Recreation and Parks, its employees, and agents from any injuries sustained by me or my children as a result of participation in said program.

**Membership Rules and Policies** See membership application for specific rules, policies and details regarding membership.





annapolis

recreation & parks

Healthy Living Starts Here.

## Mark Your Calendar

Please note: for many of our events, you must be pre-registered to attend!

### September

- 6 PMRC Closed, Labor Day
- 10 Kids Night Out, 6 - 9 pm
- 12 Family Fitness & Fun, 9:30 - 11 am
- 16 Weight Loss Workshop, 6:30 - 7:30 pm
- 18 Trash and Treasures Rummage Sale, 8 am - 12 pm - You can shop or sell!
- 18 4th Annual Skateboard Contest, 12 pm
- 19 Scarecrow Scavenger Hunt, 2 pm
- 25 Seminar: Preventing Falls and Stumbles for the Older Adult, 10 - 11:30 am

### October

- 14 Exercise and Health Workshop, 6:30 - 7:30 pm
- 23 Seminar: Preventing Falls and Stumbles for the Older Adult, 10 - 11:30 am
- 30 Halloween Hoedown, 2 - 3:30 pm

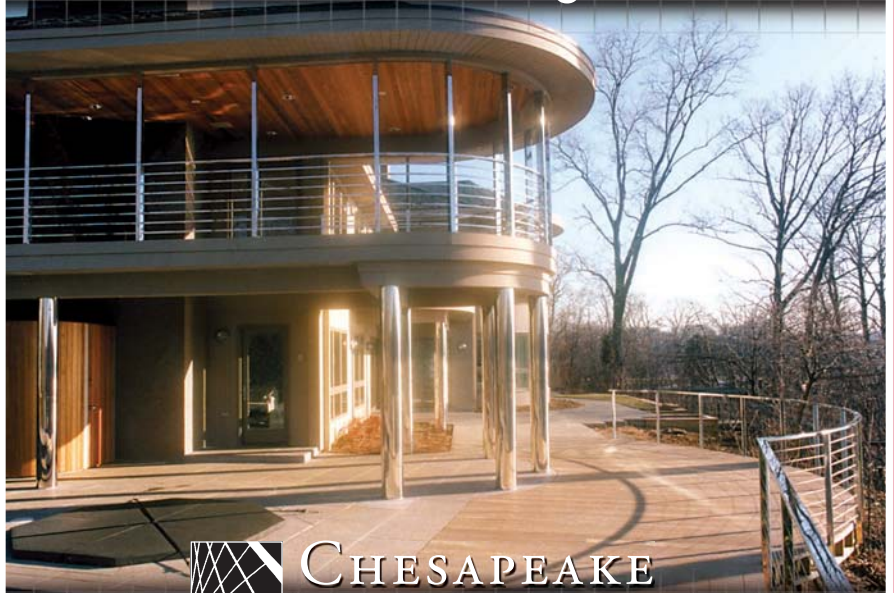
### November

- 11 Nutrition Workshop, 6:30 - 7:30 pm
- 12 Kids Night Out, 6 - 9 pm
- 25 PMRC Closed, Thanksgiving Day

### December

- 4 Drop N Shop, 9 am - 12:30 pm
- 24 - 25 PMRC Closed, Christmas
- 31 - Jan 1 PMRC Closed, New Year's

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**School is out October 15, November 22 & 23!**

Kids can spend the day at the Rec Center with us from 8:30 am - 5:30 pm! Play games, create crafts, and have fun in Ballocity™ with your friends.

For more information and how to register see page 8.

Register for our Fall 2010 Programs today!  
[www.annapolis.gov/recreation](http://www.annapolis.gov/recreation)

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